

# Take Notice

Paying more attention to the present moment improves our mental well-being. Stop and take time to notice the things around you. We should become more aware of our thoughts and feelings.

Take time when eating, think about the textures, flavours and sensations.

Notice nature and the world around you, like the birds singing.

Don't think about the past or worry about the future.

Become aware of thoughts and feelings and name them, e.g. I feel worried.

See the world from a different perspective, try sitting in a different seat.

Try to do something relaxing, like yoga or breathing exercises.